

Democrats sweep presidential and senate elections

BY LING-MEI WONG



Massachusetts
DEMOCRATIC
CONVENTION



(Left) Elizabeth Warren speaks at the Massachusetts Democratic Convention on June 2 in Springfield, Mass. (Image courtesy of Elizabeth Warren.)

(Right) President Barack Obama was reelected on Tuesday. (Image courtesy of the White House.)

Voters reelected Barack Obama as president on Tuesday. In Massachusetts, voters named Elizabeth Warren to be their next senator.

The president thanked his supporters. "Tonight, in this election, you, the American people, reminded us that though our road has been hard, our journey has been long, we have picked ourselves up, we have fought our way back and we know in our heart, for the United States of America, the best is yet to come," Obama said.

Obama won the electoral vote 303-206 and is expected to win the popular vote. However, results in some states are too closely contested to call.

In his concession speech, Gov. Mitt Romney said, "This is a time of great challenges to America, and I pray the president will be successful in guiding our nation."

Warren beat incumbent Scott Brown on a "strong" middle-class platform. "I will always carry your stories with me in

my heart," she said. "I won't just be your senator. I will be your champion."

Brown alluded to running for office again in his concession speech. "Defeat is only temporary," he said.

National affairs

While the presidential race was closely contested, the candidates shared more similarities than differences. The presidential debates established Romney's credibility, particularly his polished attacks on an unprepared Obama in the first round. Obama came back tougher on the second and third debates, defending his record and demanding more specifics on Romney's tax reform plan.

Mass. senate race

Warren's debate performance came off strong, while Brown tried to avoid the first debate. While the two agreed on no third-party ads, the senate race was characterized by Brown's personal attacks on Warren's Native American ancestry.

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昆士居住的選民在北昆士高中投票站排隊。

昆士市和波士頓市雙語選票 促進選民參與

於本週二，波士頓市和昆士市有提前註冊雙語選票的市民已順利投票。

在美國居住超過10年的昆士市市民John Zhang道：『我們應該把我們的想法告訴給政府知道，我們是少數族裔，而我們亦有權利。』

2012年總統大選，亦是昆士市第一次同時提供中文和英文選票給選民。而波士頓市則自從2006年以來，就一直有印刷譯音的中文和越南語的雙語選票給選民。

昆士市市民趙先生表示：『對於選擇一個名字是很容易

的，但是雙語的選票可以幫助我更好的明白本地的立法。』

大多數的選民都認為投票的過程都相對的容易及便利。昆士市市民李小姐說：『這是我的第二次投票，這是我的權利。』

然而，一些人以沒有登記的理由被投票站拒絕投票。昆士市市民陳小姐說：『這是我第一次嘗試去投票，因為我是美國公民，我不明白為什麼我已經登記過了，卻仍然不能夠投票。』

School zoning proposals heat debate on Boston education

BY LING-MEI WONG

Boston school zones will be redrawn in December, based on recommendations from Mayor Thomas Menino's external advisory committee on school choice in November. One of five proposals will change the present three-zone system for school placement in 2014-2015.

The school assignment system was created in 1988, after Boston Public Schools (BPS) moved out of a court-ordered system to integrate students and set up its own. "Now the schools are much better and the people in the city are different," said Lee McGuire, chief communications officer for BPS. "It's exciting and we want the school assignments to reflect that diversity."

The current system requires busing students around the city, which cost

about \$80 million in 2012 and could reach \$100 million by 2014. Busing drains school funds and is impacted by traffic delays that hurt academic performance.

The five proposals range from a map with no zones — students attend schools closest to home — to one with 23 zones. Other proposals have six, nine and 11 zones, allowing students to study closer to home.

For some community members, the options cause confusion. "Each proposal should have more specifics, such as how to enroll in schools," said Baolian Kuang, Josiah Quincy School site council representative and parent of a second grader. "We don't know how to distinguish between the proposals. We felt very rushed

by BPS to get our opinions."

Schools going green

The Josiah Quincy Lower School (K-5) in Chinatown is one of three "green" schools in the district, along with the Eliot School (K-8) and the Beethoven School (K-2). Schools are color-coded on three benchmarks: scores on the MCAS test, rankings from the state Department of Elementary and Secondary Education, and popularity by kindergarten entry. Green is the highest, followed by yellow, orange and pink. The Quincy and Eliot schools are in the North zone, while the Beethoven School is in the West.

Current students are not affected by the new zoning plans.

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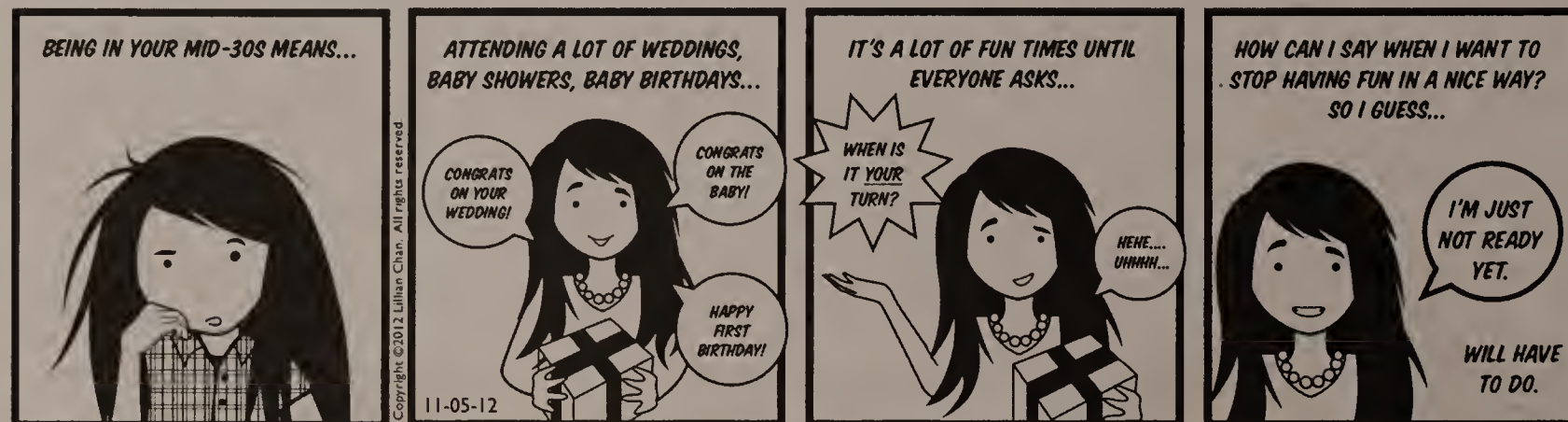
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Kung fu master Pui Chan dazzles in documentary
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COMIC

Empty Bamboo Girl

The Mundane & Sublime Adventures of a Girl Named ah-Lin!



by Lillian Chan



twitter.com/lillianchan



www.facebook.com/ahLinTheComic



www.emptybamboogirl.com

Event Calendar

CYPN Career Day 2012

Saturday, Nov. 10
1 p.m. – 5 p.m.
Kendall Square
300 Athenaeum Street
Cambridge, MA 02142

Meet young working professionals on CYPN career day! Chinese Young Professionals Networking (CYPN) will hold a workshop with topics including resume, interview, networking, immigration and visa issues.

Free tickets and detailed information are available at www.chinese-networking.com

Malden Comedy Show

Saturday, Nov. 10
7:30 p.m.
Malden High School
77 Salem Street
Malden, MA 02148

Malden's "Class Clowns Go to School" Comedy Show will be held in the Jenkins Auditorium at Malden High School. Proceeds to benefit the Foundation for the Advancement of Malden Education (FAME).

Tickets: \$25

Tickets are available at City Hall in the Mayor's Office, 200 Pleasant Street, 6th floor, or Malden Access TV, 145 Pleasant Street.

Bridge Medical Summit

Saturday-Sunday, Nov. 10 – Nov. 11
Westin Copley Place
10 Huntington Ave
Boston, MA 02116

The American Chinese Medical Association will hold the second Bridge Medical Summit (BMS) at Westin Copley Place. BMS 2012 will have three tracks of meeting programs focusing on both basic and clinical research of multiple disease areas.

For more information or registration please visit www.acma.org/bms2012

Contact: (617) 955-0788, bms@acma.org

BTCC Thanksgiving Conference

Saturday, Nov. 17
11:30 a.m. – 3 p.m.
Marlborough Super Seafood Buffet
771 Boston Post Road East
Marlborough, MA 01752

Brookline Taiwanese Chamber of Commerce will hold a Thanksgiving lunch at Marlborough Super Seafood Buffet. You are welcome to join and celebrate Thanksgiving together.

Reservation: Yu-Ying Chen, (339) 225-2500, gywoousa@gmail.com

Big Data Conference

Sunday, Nov. 18
8:15 a.m. – 1 p.m.
Stata Center
32 Vassar Street
Cambridge, MA 02142

Join the joint conference between MIT-China innovation and entrepreneurship forum (CHIEF) and New England Chinese Information and Networking Association (NECINA)! The conference will cover trends in the Big Data technology and case study on start-ups monetizing from data.

Tickets are available online at bigdata2012.eventdove.com

Contact: Andy (Zhenyu) Li, zhenyu.li@necina.org

Yi Jin Taiji Demonstration

Sunday, Nov. 18
2:30 – 4:30 p.m.
E25-111, MIT
Cambridge, MA 02142

American Chinese Medical Exchange Society (ACMES) and Asian Breast Cancer (ABC) Project will hold a cancer prevention and self-care

event introducing Yi Jin Taiji exercise. Jing Liu, founder of Yi Jin Taiji, Chien-Chi Huang, Director of Asian Breast Cancer (ABC) Project and Hanting Liu, Medical Oncologist are invited as speakers. After the speech, there will be a demonstration and coaching session on Yi Jin Taiji.

Contact: Chien-Chi Huang, abch2h@gmail.com

NECINA: Career Development Seminar

Monday, Nov. 19
6 p.m. – 9 p.m.
One Memorial Drive
Cambridge, MA 02142

New England Chinese Information and Networking Association (NECINA) will hold a networking seminar at Microsoft NERD Center. Juliette Mayers will share her thought on "strategic and productive networking"

and Madge Meyer will speak about "networking tips for minority women to achieve corporate and community success."

Tickets are available online at <http://careerdevelopmentseminar3.eventdove.com/>

Contact: Connie Dai, Connie.Dai@necina.org

Quincy Asian Resources Annual Conference

Tuesday, Nov. 27
6 p.m.
Thomas Crane Public Library
40 Washington Street
Quincy Center, MA 02169

Quincy Asian Resources (QARI) will hold its annual conference at Thomas Crane Public Library, and you are welcome to join!

Contact: (617) 472-2200 or info@quincyasianresources.org

SAMPAN

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Chinese-English ballots boost turnout in Quincy and Boston

BY THE EDITORIAL TEAM

Voters who registered for bilingual ballots in Boston and Quincy took them to the polls on Tuesday. “We should speak up and let the government know what we think,” said John Zhang, a Quincy resident who has lived in the U.S. more than 10 years. “We are the minority, but we have rights.” The 2012 election was the first time Quincy offered ballots in English

and Chinese. Boston has printed transliterated bilingual ballots in Chinese and Vietnamese since 2006. “It’s easy to pick a name, but the bilingual ballot helps me understand local legislation better,” said a Quincy resident surnamed Chiu, who declined to give his first name. Most voters found the polling process relatively convenient. “It’s my second time to vote and it’s

my right to vote,” said a Quincy resident surnamed Lee, who declined to give her first name. However, some people were turned away at the polls for not registering. “It’s the first time I tried to vote, since I’m a U.S. citizen,” said a Quincy resident surnamed Chin, who declined to give her first name. “I don’t understand why I can’t vote, since I registered.”



Voters line up at a Quincy polling station.

SCHOOLS: Quality recurring theme for Boston school placement proposals

CONTINUED FROM PAGE 1

However, younger siblings not yet enrolled are not guaranteed a spot at the top schools, said P.K. Chan, assistant principal for Josiah Quincy Lower School. Sibling preference will take effect in the 2014-2015 school year for siblings within the new school and walk zones. “However, if an older sibling is attending a school that is outside the walk zone and is outside the new home zone, then a family could still choose to use sibling preference to bring the older sibling into the younger sibling’s new school, depending on capacity,” wrote BPS in a prepared statement. Bilingual learners in the Chinese program will also not be affected. They will attend either the Quincy or Harvard-Kent schools. About 800 pupils attend the Quincy School, with half of the students living a mile from the school and the rest bused in. “It’s a very large zone, which comprises areas around lower Roxbury, part of Dorchester, North

End, South End, Chinatown, the Allston-Brighton area, Fenway, Huntington Avenue and part of South Boston,” Chan said. **Limited access** The new plans could restrict access to the limited seats at green schools. “Under the new proposal, most likely Quincy School will be included in the Allston/Brighton area,” Chan said. “That means people in Roxbury, Dorchester or Beacon Hill cannot get into the school. Those areas belong to the lower socioeconomic strata of the greater Boston area.” With the southern tip of the North zone cut off by smaller school zones, residents would not be able to choose the Quincy School. “But there are many successful schools in Allston-Brighton, such as Jackson Mann or Edison,” Chan said. “You don’t need to add another great school to the area, rather than serving underprivileged kids.” The competition and unpredictability of school

placement has caused some relocation to the suburbs. “Some families would rather go to a city where they just know the location of their child’s school,” McGuire said. “We think our schools are very good and want to encourage people to stay in the city.” Smaller school zones will mean fewer school options, instead of a dozen schools. A more local school body attracts involved families invested in their community. However, the potential downside of tighter zones is while quality schools continue to improve, poor schools worsen. Instead of zoning, Kuang suggested that the district elevate yellow schools to the green level. “BPS is missing the point,” she said. “It’s not to zone, but to improve the quality of all schools. No zones or more zones don’t integrate students better.” To read the proposals online, visit <http://boston-schoolchoice.org>.

ATASK Silk Road Gala features savory foods and live auction

BY JOANNE WONG



The Silk Road Gala featured Ting Yen, chef and owner of Oishii (left), and Linda Chin, President of the Asian Task Force Against Domestic Violence (right). (Image courtesy of Brian Choi.)

The Silk Road Gala gathered more than 500 guests for an evening of fundraising and delectable food prepared by Boston’s top chefs on Oct. 26 at the State Room. Hosted by the Asian Taskforce Against Domestic Violence (ATASK), the Silk Road Gala is the organization’s annual signature event. “Great chefs, glamorous guests and all for a grand cause,” said ATASK President Linda Chin of the event. This year’s 19th annual gala featured cuisine prepared by local celebrity chefs Joanne Chang

of Myers + Chang and Flour Bakery + Café; Jody Adams of Rialto in Cambridge; and Ting Yen of Oishi, among others. Guests migrated from table to table to taste a variety of foods including sashimi, pumpkin soup, sake and truffles. Broad Institute director Eric Lander and Harvard Law professor Jeannie Suk emceed the event. They also facilitated the live auction, which brought in \$250,000 for ATASK. “I am extremely grateful for the ATASK staff,” said a domestic violence survivor and former ATASK client, who spoke

candidly about her experience and the positive impact that the organization has had on her life. In addition to the moral support offered by ATASK, technological resources were also provided to the client to help improve her English language and job skills. The mission of ATASK is to provide hope to survivors and prevent domestic violence in Asian families and communities. ATASK is New England’s only provider of linguistically and culturally appropriate shelter and support services for Asian survivors of domestic violence.

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Boston escapes Hurricane Sandy's wrath

BY LING-MEI WONG



(Left) The Ho Kong Bean Sprout Co. in Chinatown suffered roof damage from Hurricane Sandy, as workers repaired the affected areas. (Right) A fallen tree hit a home in Brighton, breaking windows and damaging the second-floor balcony. No casualties were reported.

Hurricane Sandy battered the East Coast, but left Boston relatively unscathed. The storm resulted in 113 casualties and left a wake of destruction.

Power was out for an estimated 715,205 homes in seven states, according to the U.S. Energy Department's "Hurricane Sandy-Nor'easter Situation Report #2" issued on Thursday.

In New York City, at least 30,000 to 40,000 people were displaced and needed shelter, said Mayor Michael Bloomberg in a Reuters report.

Sandy spares Boston

Strong winds knocked down trees and power lines, but Boston did not suffer the catastrophic flooding seen in New York City or New Jersey. "Most of the damage claims we've seen are from fallen trees," said Richard Soo Hoo, owner of Richard Soo Hoo Insurance. "Overall, Hurricane Irene had a more devastating effect in both commercial and personal clients incurring power outage and damages."

Several businesses had exhaust vents blown off their roofs by the wind

but were otherwise unaffected. In Chinatown, the Ho Kong Bean Sprout Co. on Harrison Avenue had roof damage from the wind but remained structurally sound.

In the suburbs, one of Soo Hoo's restaurant clients lost power. While the restaurant's food was ruined, it was insured for food spoilage, Soo Hoo said.

Several homes were affected by fallen trees, with trees either landing on the house or in the yard. No casualties were reported, Soo Hoo said.

Chinatown travel agent faces charges

BY LING-MEI WONG

The owner of a Chinatown travel agency has been indicted for stealing more than \$89,000 from clients for U.S. citizenship applications and airline tickets.

May Woo Lei, 40, of Boston, operated Sky Energy Travel. She allegedly took money from people to buy air tickets or gain U.S. citizenship, but failed to deliver those services, said the state attorney general's office.

Woo is charged with 20 counts of larceny over \$250.

The Chinese Progressive Association, a Boston advocacy group, referred

complaints to the attorney general's office.

The authorities began investigating Woo in June 2012.

"We allege that this defendant took advantage of people seeking help to gain U.S. citizenship or buy tickets for travel," said Attorney General Martha Coakley. "Through today's action, we are holding this defendant criminally responsible for alleged schemes that affected many people."

Suspicious operation

Woo approached Chinese clients with promises to help them apply for

U.S. citizenship. Despite the fact that they did not meet the English language requirement, Woo assured clients that, for a fee, she would arrange for a doctor to waive the English requirement.

None of the clients received notification from U.S. Citizenship and Immigration Services (USCIS) that their applications had been received. USCIS verified that no applications were filed in the name of the victims. At least 16 victims were defrauded of nearly \$50,000, according to the authorities.

Creating a vision for Chinatown's future

BY KYE LIANG AND WILLIAM MOY



Proposed changes on Harrison Street looking south. (Image courtesy of Randall Imai, Chinatown Master Plan 2010.)

In 2008, the community embarked on a plan to create a vision for the future of Chinatown, and to identify opportunities for future growth. Since the adoption of the 1990 Chinatown Community Plan and complementary zoning, Chinatown has experienced significant changes: the decline of the Combat Zone was replaced by new high-rise housing developments; the movement of the garment industry out of Chinatown; increased civic participation; and the rapid growth of the Asian population in Boston's suburbs.

With a two-year planning process, the community elected a master plan committee consisting of an oversight committee with 13 members, and a technical committee that was charged to establish guidelines for the plan. The oversight committee was elected from major Chinatown agencies, organizations and residents, and had total responsibility for the master plan and its finances. With guidelines prepared by the technical committee, the oversight committee held five public meetings to further refine and create a collective vision for the future. The shared community vision is:

1. Chinatown will be a diverse residential neighborhood anchored by immigrant and working-class families;

2. Chinatown will be a sustainable social, economic and cultural hub for a network of Asian American communities in neighboring communities;

3. Chinatown will enhance its history and character as a unique neighborhood and cultural center that is important to the city, state and region; and

4. Chinatown will develop and diversify its economy by building on

both its cultural identity and strategic location.

The goals of the plan are:

1. Preserve and strengthen Chinatown as a gateway for new immigrants and as a regional center for Chinese and Asian American culture and services;

2. Ensure the preser-



Proposed changes around the China Trade Center. (Image courtesy of Randall Imai, Chinatown Master Plan 2010.)

vation of existing affordable housing;

3. Expand the number and range of housing options with a priority on low- and middle-income family housing;

4. Identify, create and prepare community members and businesses for economic development opportunities which will serve the needs of local residents, the regional Asian American community, neighboring institutions and the Downtown and Theater Districts;

5. Increase public safety, improve the pedestrian environment and engage in transportation planning to address community needs;

6. Foster a more sustainable and greener community;

7. Cultivate a healthier and cleaner environment and promote the health and well-being of its residents;

8. Expand civic spaces and increase the number of open spaces and parks;

9. Develop policies that improve the quality of life for community members;

10. Increase commu-

nity civic participation;

11. Reaffirm Chinatown's connections with its neighbors.

The Chinatown Master Plan 2010 concluded that Chinatown's core is fully developed. Future growth will occur at the borders between Chinatown and adjacent neighborhoods, such as the "New York

Streets" area with the South End and the South Bay/Chinatown Gateway area with the Leather District. City, state and community-owned land parcels were identified as potential growth areas for future growth: Parcel A, Parcel R-1, Parcel 12, Parcel 25, Parcel 26 and 50 Herald Street.

The "Chinatown Master Plan 2010: Community Vision for the Future" was published in 2010 in both English and Chinese. The "Chinatown Master Plan 2010" volunteers worked many tireless hours to create the vision. The Boston Redevelopment Authority observed and participated in many of the meetings. Many diverse groups were involved with the process, and the "Chinatown Master Plan 2010: Community Vision for the Future" was adopted by the community, and supported by the City of Boston and the BRA. An electronic copy of the document in English is available at: www.brownwalkerplanners.com/files/CTMP2010.pdf.

Look out for our next article, providing an overview of Chinatown developments and progress.

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A Food Aficionado

BY ANNA ING

Toro serves mouth-watering tapas and decadent desserts



Toro's Corazon a la Plancha is grass-fed beef heart thinly sliced and served on bread. (Image courtesy of Lingbo Li.)

flavors together.

The roasted bone marrow aka Asado de Huesos came with a lovely radish citrus salad and toasted bread, topped with an intense, flavorful braised oxtail marmalade to slather on the marrow.

If you love sea urchin, the Uni Bocadillo is a must have. A pressed sandwich is served with generous amounts of fresh uni, miso butter and pickled seeds. The fresh and intense taste of the sea in the uni was balanced well with the lovely miso butter.

After 20 minutes, our half order of Valencia paella arrived, studded with chorizo, shrimp, mussels, clams and chicken in Calasparra rice, which was a big crowd pleaser. The fresh seafood, tender

chicken and flavorful chorizo scored the right balance with the other tapas.

We still had room to try the olive oil-roasted brussels sprouts that rivaled the famous grilled corn. While we had few brussels sprouts fans at the table, the sprouts were seasoned without the usual trace of bitterness.

Everything was washed down with a pitcher of sangria, made with red wine and slices of apple and orange. Dessert was banana bread. The big surprise came when we detected some salt on the banana bread. The subtle salt, smooth cream cheese and sweet banana bread proved to be a delicious combination that ended a great meal. The thoughtful service, bustling crowd, delicious food and excellent company created a wonderful night out.

Toro

1704 Washington St.,
Boston, MA 02118
(617) 536-4300

Wang YMCA celebrates 4th Legacy Dinner

BY JOANNE WONG



Patricia Barnwell, executive director of the Wang YMCA, spoke at the Legacy Dinner.

Chinatown's Wang YMCA raised more than \$100,000 during its fourth annual fundraising event Legacy Dinner at the Empire Garden restaurant on Nov. 3.

More than 460 guests attended the action-packed evening, which featured lion dancing, live music, a silent auction, raffles and a 10-course Chinese banquet.

"The Y is a cornerstone of social change ... every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good," said Patricia Barnwell, the Wang YMCA's executive director.

Three community leaders were honored for their relentless dedication to furthering the mission of the Wang YMCA: Mayor Thomas Menino; Bill Moy, chairman of the Wang YMCA of Chinatown board of advisors; and Bill Bray, the former executive director of the South Cove YMCA.

"We honor three individuals who helped to make the Chinatown YMCA a wellspring for children, families and seniors. We could not carry out our mission without [their] leadership, commitment and vision," said Kevin Washington, the president and CEO of the YMCA of Greater Boston.

Moy has been involved with the Wang YMCA for 40 years in a variety of roles including basketball coach and program advocate, and is an active community leader in Chinatown.

Bray oversaw the construction of the first YMCA "bubble" — the air-inflated building that served as Chinatown's first indoor recreation facility.

The Wang YMCA of Chinatown is dedicated to improving the health of mind, body and spirit of individuals and families in the community. The Wang YMCA is all-inclusive and welcomes men and women, boys and girls of all incomes, faiths and cultures.

ABCD celebrates 50 years of success



Natalie Cole takes a photo with ABCD President/CEO John Drew and Sharon Scott-Chandler, ABCD Executive Vice President. (Image courtesy of Don West.)

The Action for Boston Community Development (ABCD) 50th Anniversary Gala took place at the Boston Marriott Copley Place on Nov. 2. More than 1,200

supporters turned out for a night of live jazz.

Legendary six-time Grammy award winner Natalie Cole delivered a fabulous performance at

the gala. Her heartwarming melodies included "Unforgettable," "Autumn Leaves" and other stirring favorites.

Bianca de la Garza, anchor for NewsCenter 5's EyeOpener newscast, emceed the event. The gala celebrated ABCD's 50 years of providing pathways out of poverty.

Mark Shriver, senior vice president of U.S. Programs, Save the Children, was the featured speaker of the gala.

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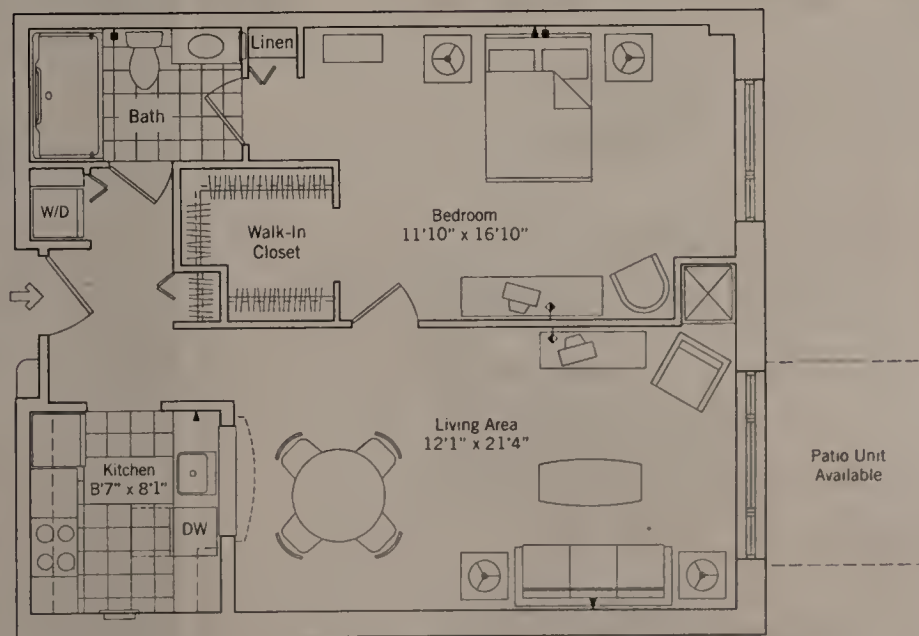
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SMOKING SPECIAL EDITION

The Sampan examines smoking cessation in this special edition. Our health special editions address medical concerns in the Asian community.

Smoking threatens children's health

BY HAO LU

Smoking kills, even if you don't smoke. As a result of widespread tobacco use, approximately 443,000 Americans die each year from tobacco-related illnesses, such as cancer and heart disease, according to a 2008 study conducted by the Centers for Disease Control and Prevention. Nearly 11 percent of these deaths resulted from secondhand smoke exposure.

"[Secondhand smoking] is a very serious problem," said Geri Healey-Dame, System Director of Respiratory Care for Hallmark Health System. "I believe it's pretty significant. We see a lot of patients with lung disease. They can be people who have never smoked, but work in a smoking environment, like waitresses and bartenders."

Secondhand smoke, which is also called environmental tobacco smoke, refers to all the smoke that can be found in a room. When someone inhales smoke directly from a cigarette, he or she breathes a higher concentration of cigarette ingredients, such as tar and nicotine. The potential risks of secondhand smoke include asthma, heart disease, sudden infant death

syndrome and respiratory problems.

There are higher risks for children affected by secondhand smoke, because their lungs are very tiny and still developing, Healey-Dame said. Children can be affected by either being where someone is smoking or where someone has smoked in the past, since secondhand smoke particles can be found in the air and dust.

Even if parents smoke outside their homes, they do not fully protect their children from the harmful effects of tobacco smoke. The particles can linger on household surfaces such as walls, carpets, clothes and inside automobiles. They move from room to room and can stay in the house for weeks or even months after smoking has occurred. When children breathe secondhand smoke, it is almost as if

they are smoking themselves.

"All of those chemicals compounds are still in the environmental tobacco smoke, just at lower concentrations," said Kevin McCusker, Director of Pulmonary, Critical Care and Hospitalist Ser-

Smoking from the womb

Environmental tobacco smoke doesn't just affect children, it also harms unborn infants. According to a U.S. Department of Health and Human Services study, smoking during pregnancy can have a negative impact on the

"In the Asian population, most mothers are not smokers, but their partners may be smokers," she said. "So we encourage the partners to try to decrease or quit smoking, not only during the pregnancy, but also afterwards, when the baby is born. We

also encourage smoking outside — not inside the home — to decrease the exposure to the mother and child."

Other than children and pregnant women, McCusker said adults who work in a smoking environment should also

be aware of the risks of tobacco smoke.

For pregnant smokers, it is important for them to find support from family and friends to encourage them to stop smoking, Chie said.

"Studies say about 45 percent of pregnant smokers completely stopped by the end of their pregnancy. However, many will go back to smoking [after giving birth]," she said. "Sometimes if your partner is a smoker, or if your friends are smokers, it's very difficult to quit smoking since the environment you are in encourages it. So taking yourself out of that environment may be a way to decrease the chance of smoking again."

Some people who quit smoking are concerned about weight gain after they give up cigarettes. This leads some people to smoke again to keep their weight down, McCusker said.

"What happens is that appetite improves after people quit smoking. And interestingly, their appetite for carbohydrates goes up. So their intake on a daily basis increases about 200 calories per day," McCusker said. "It seems like 200 calories is not very much — just a few potato chips — so most people don't think that would affect them very much. If you do the math, that would be three or four pounds per year."

Stress and the fear of weight gain can deter people from quitting. "We try to help people with that, and we would recommend that they increase their exercise and make healthy choices in eating," she said.

To make quitting easier without gaining weight, Healey-Dame suggested to eat healthy, exercise and never get too hungry, too angry or too tired.



Image courtesy of Flickr

vices at Quincy Medical Center. "Children from households with smokers have more episodes of ear infection. That's what we try to use to motivate people to quit smoking. If you don't want to quit for yourself, think about what this is doing to your children."

"Smoking can be very much harmful to pregnancy," said Lucy Chie, Director of Obstetrics and Gynecology at South Cove Community Health Center. "Evidence shows that smoking during pregnancy may affect the growth of the baby, so that babies are born early and smaller, or it may even lead to stillbirth."

Smoking not only affects pregnancy, but also harms breast-feeding children, Chie said.

"Smoking, in general, can decrease breast-milk production," she said. "Babies can also be directly affected by smoke in the environment during breast-feeding. There is a lot of evidence that secondhand smoke can cause health problems for children, lung problems and also infections."

Chie said pregnant women and their families are encouraged to quit smoking as early as possible.

be aware of the risks of tobacco smoke.

"Working a shift in a restaurant [which allows smoking] is about the same as smoking one pack cigarettes per day," McCusker said.

How to stop smoking

Smoking does far more harm than good. A 1964 study of the dose-response relationship between smoking and tobacco-related disease showed that the greater the dose, the higher the likelihood of developing a disease, McCusker said. Even if an individual smoked for only a year, one would have much higher risk for tobacco-related disease than someone who never smoked at all.

"A lot of patients think 'I won't stop smoke until I feel bad and then I'll quit.' That's a really dangerous attitude," McCusker said.

Experts found the most effective ways to quit smoking are nicotine replacement therapy — such as e-cigarettes, nicotine gum or nicotine patches — and doing the cessation as a group.

Some people do well when they initially quit smoking. However, dif-



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CLASSIFIEDS

ACMES Annual Conference explores Chinese and Western medicine

BY JIANGHE NIU



(Left) Participants attend the American Chinese Medical Exchange Society annual conference at the Hyatt Regency Hotel. (Right) A tai chi demonstration took place at the dinner.

The American Chinese Medical Exchange Society (ACMES) Annual Conference took place Nov. 3 at the Hyatt Regency Hotel. More than 200 medical experts and students participated in the "Primary Care" and "Integrated Medicine" session tracks.

The conference divided into two rooms. A total of 28 experts addressed the latest medical issues, developments in disease treatment and focused on health concerns for Asians. The hosts were Jie Zhou and lecturer Lichao Chen, both of Har-

vard Medical School for the first venue. The other venue was hosted by ACMES Medical Director Zhao Liu, endocrinologist at Beverly hospital at Danvers, and ACMES vice president Weigen Li, attending physician of internal medicine at Jordan Hospital, Tufts Medical Center.

Conference attendees packed each session, making for a lively atmosphere.

Medical treatment

Cancer panelists from Beth Israel Deaconess Medical Center of Har-

vard Medical School discussed advances in treatment, new radiology techniques and ways to diagnose lung cancer.

Jiguang Zhu, a neurology professor at the University of Texas Medical School at Houston, spoke about malignant tumors and the newest treatment methods. On pain treatment, Jianren Mao, Director of the Mass General Center for Translational Pain Research, discussed opiate trials in a lively presentation.

Other topics were acupuncture, reflexology and alternative medicine.



Two autism panels had high audience participation. A session on qi gong in medicine presented its benefits for treating diabetes and depression.

Chronic fatigue treatment was highlighted at a session. Chinese herbal

remedies proved effective in studies, using ginger, rhodiola and licorice.

Festivities

Conference attendees enjoyed dinner after the seminars. Guzhang musician Huichan Ong per-

formed, followed by an Italian solo by Yin Wang.

A live kung fu and tai chi performance demonstrated martial arts mastery. The night concluded with everyone dancing the night away with dance teacher Hua Wu.

One smoker increases health risk to nonsmokers

BY JENNIFER YUE



Image courtesy of Flickr

Many factors cause cancer. From manmade chemicals to environmental exposure, secondhand smoke contributes to health problems that affect the respiratory system, cardiac function and cancers.

Secondhand smoke is the most common cause of tobacco intake. While there are devices that can test for indoor chemicals and smoke, there are nearly no safety measures when encountering smoke outdoors. Because smoke can be anywhere at any time, even breathing in a little bit can be harmful.

Secondhand smoking occurs in common places

such as homes, workplaces, restaurants and outdoor areas. The Surgeon General wrote "secondhand smoke causes lung cancer in adults who don't smoke. [By] breathing in secondhand smoke at home or at work, [it] may increase your chances of getting lung cancer by up to 20 percent to 30 percent."

Secondhand smoke also affects children who are normally around parents who are smokers. "More than 40 percent of children who go to the emergency room for asthma live with smokers," wrote the Surgeon General. Therefore, smoke ex-

posure could hinder child development.

When a nonsmoker inhales secondhand smoke, the nicotine in the smoke begins to break down in the body. Nicotine is a chemical compound that causes cigarette addiction. Researchers have suggested a link between nicotine and the likelihood of developing lung cancer.

Secondhand smoke is harmful for everyone, affecting children, nonsmokers and especially smokers. To prevent family, friends and other from developing lung cancer, speak with your health care provider for advice to stop smoking.

Smoking linked to hearing loss, Alzheimer's

BY LING-MEI WONG

Smoking not only kills, but deafens people and robs them of their memory as well. It causes more than 440,000 deaths each year, or nearly one in five deaths, according to the American Cancer Society.

Lung cancer was most deadly cancer for Boston's Asians from 2006 to 2008, ahead of liver and colorectal cancers, according to the Boston Public Health Commission. The lethal consequences of smoking are a clear reason to quit.

Other effects of smoking are less well-known. Hearing loss in teenagers has been linked

to secondhand smoking, according to the Archives of Otolaryngology — Head and Neck Surgery. Teens living in a smoking household had an 83 percent higher chance of losing their hearing in the lowest and highest frequencies, compared to teens in nonsmoking homes.

The study urged health care providers to add secondhand smoking as a risk for hearing loss, as 82 percent of the participants didn't realize they had difficulty hearing.

Smoking's dangers now include the increased likelihood of developing Alzheimer's, which

causes memory loss and results in death. It is untreatable and one in eight 65-year-olds have the disease.

A review of 43 studies examining the link between smoking and Alzheimer's found smokers had a 72 percent greater likelihood of developing dementia, found researchers at the University of California, San Francisco in 2011. The researchers excluded industry-sponsored studies, which found smokers had a lower risk.

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Kung fu master Pui Chan dazzles in documentary

BY LING-MEI WONG

Most 74-year-olds don't train kung fu masters for three hours.

But Pui Chan is not your average senior citizen. He stars in "Pui Chan: Kung Fu Pioneer," a documentary directed by his daughter Mimi, and is the founder of the Wah Lum Kung Fu Academy and Athletic Association.

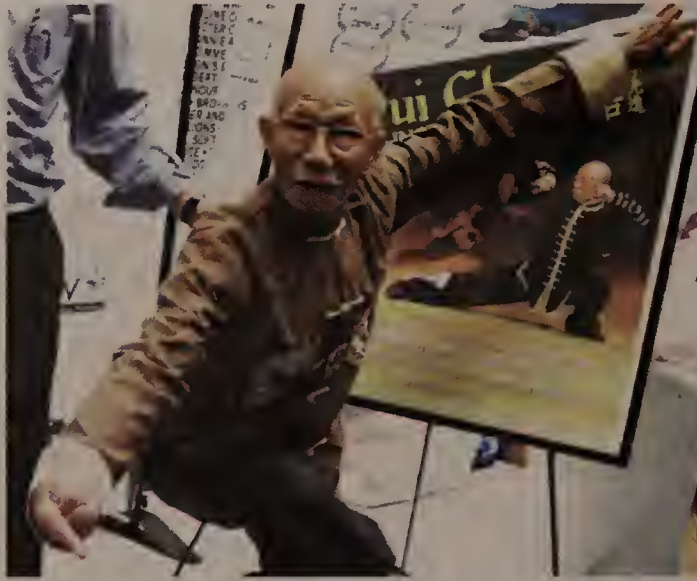
The film's New England premiere was sold out in Boston Oct. 27, hosted by the Boston Asian American Film Festival. Attendees included Chan's students, along with family members and Malden Mayor Gary Christenson. "Boston is when he came here and embraced the U.S.," said Mimi Chan. "There

was a great support network, with a great Chinatown."

Daring escape

Born in 1938 in Sha Cheng, China, Chan was a hyperactive child who started his kung fu training at six. His master Lee Kwan Shan brought the Wah Lum style from Shandong province and found Chan a promising pupil.

Lee passed away, but his memory continued. Chan escaped from communist China to Hong Kong and trained with Lee's advanced students. He found work as a sailor and traveled the world, all the while practicing kung fu at sea.



Kung fu master Pui Chan shows his skill at the Boston Asian American Film Festival. (Image courtesy of BAAFF.)

Chan's uncle and brother emigrated for America, where he decided to join them. When he was turned back by New York immigration officers for not having a visa, he made the fateful decision

sive that he founded the first Wah Lum kung fu school in 1968 and rented the John Hancock Hall in 1972 for a full-scale martial arts show.

Success Story

Chan and his family moved to Orlando, Fla., in 1980, where he built the first kung fu temple in America. He made a conscious decision to accept non-Chinese students, creating an international martial arts program.

Chan's ethnicity and small build made him the target of racial discrimination. He was pelted with fruit at his Boston school and held at gunpoint in Orlando. No matter what, he never resorted to violence and resolved conflict peacefully.

Chan is not one to rest on his laurels. "I come up

Boston's Chinatown in the '70s was a different place, with the dangerous "combat zone" and seedy establishments. Chan strove to overcome discrimination by performing lion dances on Chinese New Year for the community. His performances were so impres-

to climb down a rope and swim an hour to shore. From New York City, he settled in Boston with his brother. "This is where the Wah Lum tree was planted," said Mimi Chan. "Obviously it started in China, but it was beyond what anyone thought Wah Lum would have been."

His whole family teaches kung fu, including Chan's wife Suzy and younger daughter Tina. His eldest daughter Mimi

runs the association's operations, along with media relations and martial arts performance. Mimi has appeared in several feature films, thanks to her live-action performance for fight scenes in Disney's "Mulan."

Chan's family gives him "peace of mind," but he refuses to stay still. "My advice to new immigrants is to work hard," he said. "That's how I got my success. You need to put in more time — I go to my temple at 6:30 a.m. every day."

Along with teaching martial arts, Chan gave back to the Shaolin Temple in China by leading the first U.S. tour group there in the '80s. His efforts helped rebuild the temple and brought Shaolin masters to train pupils in America.

A tough work ethic and willingness to think big epitomize Chan's legacy. "I wanted to share his life and all the lessons he taught through martial arts," said Mimi Chan. "Even if you don't do martial arts, you can achieve your dreams."



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這活動的舉辦目的是為了波士頓南站的未來擴展項目。歡迎參與各界人士出席，並聆聽整個項目的概況敘述、查看研究領域的地圖，及跟我們的工程師團隊和策劃者面談和提供您珍貴的意見。

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Toro：源源不絕的味覺誘惑

Anna Ing報導

Toro是一間坐落在波士頓南端的巴塞羅納風格的Tapas「小菜」餐廳，自2005年以來受到無數的贊賞。老闆Ken Oringer畢業於美國烹飪學院，一直在他的其他餐廳裡為客人烹製美味佳餚。Toro作為附近社區的一間舒適小店，提供送餐服務但不接受晚餐預定。當我們在下午五點半時被告知要排到晚上九十點的時候，我感到一絲沮喪。但是我們很感謝熱情的櫃檯小姐，儘力地照顧我們的需求。

我們從分享小菜開始。烤牛心Corazon a la Plancha被切成薄片放在麵包上，盤子上還配有romesco「西班牙堅果和紅辣椒醬」作點綴。牛心的味道有一點鹹，但是跟烤牛肉或熏牛肉的味道相似。

隨後上桌的是餐廳的招牌菜Maiz Asado con alioli y Queso Cotija，是厚厚地塗滿alioli（在加泰羅尼亞語中意思為「蒜油」）的美味烤玉米，上面撒有epelette胡椒「法式辣椒粉」和少許墨西哥Cotija起司。起司給玉米的甜味和蒜油的味道添加了一種特別的味道，各種味道融合在一起使這道菜深受大家喜愛。

為我們服務的Katie向我們推薦了一道骨髓料理Asado de Huesos，這是一道受歡迎並且常提前供應完的菜。烤骨髓搭配著蘿蔔

柑橘沙拉和烤麵包，表面覆蓋著一層味道強烈並可口的烟牛尾和橘子醬，用來塗抹在骨髓上。她建議我們把骨髓灑在麵包上，然後加上牛尾一起吃，這樣能感覺到各種味道對味蕾的刺激。

如果你喜歡吃海膽，你必須要嚐一嚐Uni Bocadillo。這個三明治裡有足量的新鮮海膽、味噌奶油和醃籽。海膽那濃厚的新鮮海味與味噌奶油完美地相互平衡。

二十分鐘之後，我們點的半份Valencia paella「巴倫西亞海鮮飯」上桌了。Calasparra飯「一種西班牙特殊的短小谷粒的米」上面鑲著西班牙辣香腸、蝦、貽貝、蛤、和雞肉，成為極受大家喜愛的一道菜。新鮮的海鮮、柔軟的雞肉和美味的辣香腸也很好地搭配了其他的餐前小菜。

根據Katie的推薦，我們還品嚐了能與著名的烤玉米媲美的橄欖油烤布魯塞爾芽菜（brussels sprouts）。而這道菜裡的芽菜被除去了平常的苦澀，被大家認為是他們吃過最好吃的布魯塞爾芽菜。

我們點了招牌桑格麗亞（sangria）來喝，用紅酒和蘋果、橙子切片調成的。餐後甜點是香蕉麵包。它上桌的時候還是溫熱的，上面撒滿奶油乳酪。我們很驚訝地發現香蕉麵包上面撒有少許鹽。微



圖片由Lingbo Li提供

妙的鹽、光滑的奶油乳酪和甜甜的香蕉麵包贏得了贊賞，作為一個很好的組合來為這頓美味晚餐畫上句號。考慮周到的服務、店裡熙熙攘攘的客人、可口的美食和極好的同伴共同造就了這一晚美好的時光。

每個星期六的晚上，Toro有很多客人光臨。為我們服務的服務員很細心，櫃檯小姐也很體貼。我們只品嚐到了甜點菜單上的冰山一角。Toro總是提供驚人好吃得餐前小菜，是不容錯過的美食。

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第一優先	2005年11月1日	2005年11月1日	2005年11月1日	1993年6月22日	1997年7月1日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年7月15日	2010年7月15日	2010年7月15日	2010年6月22日	2010年7月15日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2004年10月8日	2004年10月8日	2004年10月8日	1992年10月15日	2002年2月15日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年6月1日	2002年6月1日	2002年6月1日	1993年2月15日	1992年7月22日	第三優先：公民的已婚子女
第四優先	2001年3月22日	2001年3月15日	2001年3月22日	1996年7月8日	1989年3月1日	第四優先：成年公民的兄弟姊妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2007年9月1日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2006年11月22日	2006年4月15日	2002年10月22日	2006年11月22日	2006年8月8日	第三優先：技術勞工及專業人士
非技術勞工	2006年11月22日	2003年7月1日	2002年10月22日	2006年11月22日	2006年8月8日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	有名額	有名額	有名額	有名額	有名額	

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中文版

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活動信息

健橋峰會

十一月十日至十一日
(週六至週日)
Westin Copley Place
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美國華人醫學會(ACMA)和亞裔健康基金會、美中生物醫藥協會(CABA)等機構合作，舉辦第二屆健橋峰會。查詢詳情可上網www.acma.org/bms2012，或洽617-955-0788，電郵bms@acma.org。

CYPN職業日

十一月十日(週六)
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Kendall Square
300 Athenaeum Street
Cambridge, MA 02142
華人青年協會(CYPN)將舉辦2012職業日，講談找工作、寫履歷、申請OPT或H1B簽證等事項。查詢可上網www.chinese-networking.com。

台商會感恩節會

十一月十七日(週六)
上午十一點半至下午三點
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Seafood Buffet
771 Boston Post Road East
Marlborough, MA 01752
麻州波克萊台灣商會將假聚豐樓餐廳群英堂，舉辦2012感恩節午餐會。報名可洽會長陳玉瑛，339-225-2500，電郵gywoousa@gmail.com。

大數據革命

十一月十八日(週日)
早上八點一刻至下午一點
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32 Vassar Street
Cambridge, MA 02142
麻省理工學院中國創新創業論壇和紐英倫中華資訊網路協會合作，假麻省理工學院舉辦「大數據革命」。網協幹部及貢獻者免費，專業會員廿元，非會員三十元。報名可洽Andy(Zhenyu) Li, zhenyu.li@necina.org，查詢詳情可上網bigdata2012.eventdove.com。

易筋太極功講座

十一月十八日(週日)
下午兩點半至四點半
E25-111, MIT

Cambridge, MA 20142
美中醫學交流會和美國亞裔乳癌覺醒項目將聯合舉辦癌症預防-自我保健-易筋太極功工作坊。易經太極功創始人劉京博士、美國亞裔婦女乳癌覺醒項目主管黃千姬女士、腫瘤專科醫師林Hanting博士將進行演講。演講結束後將有易筋太極功的展示和要領講解。查詢可洽Chien-Chi Huang, abch2h@gmail.com。

網協職業發展講座

十一月十九日(週一)
晚上六點至九點
One Memorial Drive
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紐英倫中華資訊網路協會將舉辦職業發展講座，邀請Juliette Mayers講談「建立人脈網絡的有效做法及策略(Strategic and productive networking)」，道富集團執行副總裁毛正行(Madge Meyer)講談「少數族裔婦女獲取企業及社區成功的與人打交道貼士

(Networking tips for minority women to achieve corporate and community success)」。查詢可洽Connie Dai, Connie.Dai@necina.org。

昆市亞協年會

十一月廿七日(週二)
晚上六點
Thomas Crane Public Library
40 Washington Street

Quincy Center, MA 02169
昆市亞裔協調會(QARI)將假昆市湯姆斯鶴公共圖書館舉行年會。查詢可洽617-472-2200, info@quincyasianresources.org。

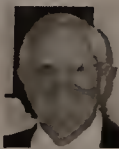


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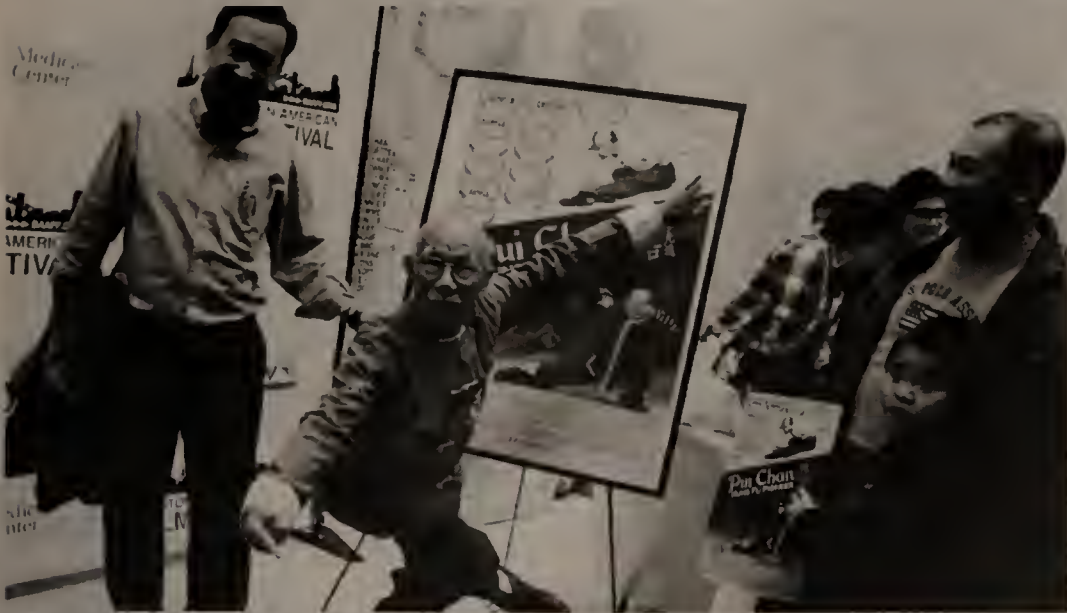
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功夫大師陳培：以武述人生

黃靈美報導



陳培在紐英倫的首映場即場獻技。

大多數的74歲長者都不會為功夫大師受訓超過三個小時。

但是陳培並不是一名普通的老先生。他是在做導演的女兒陳美美（Mimi Chan）所製作的功夫片『陳培：功夫的開創者』（Pui Chan: Kung Fu Pioneer）中的主角，他亦是華林功夫武館和運動協會的創辦人。

10月27日，該電影由波士頓美國亞裔電影節（Boston Asian American Film Festival）所主辦，紐英倫的首映場座位被搶購一空。當日到場的人士包括有陳培的學生、他的家庭成員以及摩頓市（Malden）市長加里·克里斯頓（Gary Christenson）。他的女兒陳美美（Mimi Chan）說道：「波士頓是他首次來到美國所定居的地方，在這裡有很好的支援網絡以及

一個很好的華埠。」

大膽的出逃

陳培出生於1938年的中國蝦井，他從小就是一位好動的小朋友，並從6歲就開始學習功夫。他的師傅李崑山把山東省的華林武功風格帶到廣州，並發掘到陳培是一個很好的功夫苗子。

當李師傅過身之後，他的記憶依然長傳。陳培從中國共產主義裡逃跑到香港，和李師傅的一些更高級的學生一起訓練。他找到了一份做水手的工作，遊覽到世界各處並在海上堅持鍛煉功夫。

陳培的叔叔和哥哥移民到了美國後，他決定要過來美國。當他被紐約移民局駁回申請簽證之後，他做出了一個大膽的決定，從船上的繩子爬下來，在海中遊了將近一個

小時才到了岸邊。

到紐約後，陳培決定過來與他哥哥一起定居於波士頓。他的女兒陳美美（Mimi Chan）說道：「這裡說華林的萌芽之地，雖然它的起源是在中國，但是它改變了所有人對原本華林的想法。」

70年代的波士頓華埠與今日相比是大大不同的，是出名的“危險地帶”並四周圍都是不良場所。陳培努力克服當時社會的啟示，在中國農曆新年時為社區表演舞獅，他的演出令許多人為之而讚歎。在那之後的1968年，他成立了第一間華林功夫武館，並在1972年租下了約翰漢考克廳（John Hancock Hall）作為大規模的武術表演所用。

成功的故事

陳培和他的家人在1980年搬到佛羅里達州的奧蘭多定居，他亦在那裡建立起第一間美國的功夫寺。他作出了一個有意識的決定，決定收取非中國人的學生為徒弟並建立了一個國際武術的體系。

陳培的種族和較小體格令他成為種族歧視的目標對象。他曾在他的波士頓武館被投擲水果，亦曾經在奧蘭多開車時給槍口指著。無論如何，他從來沒有向暴力低頭，並以很和平的方式解決了衝突。

陳培從來都不是一個安於過去功勞的人，他說：「我每年都會過來波士頓對我的徒弟進行認證，我不感覺到幸苦，只要功夫可以發揚光大。」

他的全部家庭成員都是教功夫的，包括他的太太Suzy和年幼的女兒Tina。他的年長的女兒美美（Mimi）則負責企業的運營、與媒體的關係和安排武術的表演。多得美美（Mimi）在迪士尼打鬥片『花木蘭』中的現場武術指導，她已經出現在很多這類專題的電影裡。

陳培的家庭給予了他「心靈上的平靜」，但是他拒絕停留在原地。他說：「我對新的移民的建議就是努力工作，那就是我如何獲得成功的原因之一。你需要付出更多的時間，我每日早上6：30就會去我的功夫寺了。」

除了教導武術以外，陳培亦在80年代帶領第一班的美國團隊，回去中國的少林寺參觀。他慷慨地出資修復廟宇並帶少林高僧到美國教授武術。

具嚴謹的職業道德和對未來的胸懷大志可以說是陳培的精神縮影。陳美美（Mimi Chan）說：「我希望可以分享他的一生和所有他教過的武術課程與大家一起分享，即使你沒有練武術，你亦可以實現你的夢想。」

陳培：功夫的開創者

想知道更多關於陳培、關於武術的內容嗎？請訪問網站
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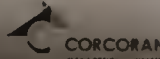
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抽煙引致聽力與記憶力衰退

黃靈美報導

吸煙不僅會造成死亡，而且會降低聽力，減弱記憶。據美國癌症協會透露：吸煙每年造成超過四十四萬人死亡，將近五分之一的死亡都來自吸煙。

波士頓公共健康委員會表示：「肺癌是波士頓的亞洲人民最致命的癌症，它超過了其他如肝癌和大腸癌的發病率。而很明顯，吸煙是肺癌的罪魁禍首。」

耳鼻喉科-頭頸外科的專家表示：「除了以上的影響，吸煙，特別是二手煙會造成青少年的聽力衰退。生活在吸煙者家庭的青少年相對於生活在不吸煙家庭的青少年來說有高達83%的概率失去聽力。」

這調查迫使衛生保健提供者將二手煙列為失去聽力的潛在威脅，並且令人驚訝的是，82%的參與者甚至不知道他們存在聽覺的障礙。

現在吸煙的危險還包括有可能增加阿爾茨海默氏症的發病幾率，這種疾病會導致記憶衰退，甚至造成死亡。這是不治之症，八分之一的65歲老年人都患這種疾病。

加州大學舊金山分校的研究人員在評論關於吸煙的43項檢查後表示：吸煙會提高老年癡呆症的發病率。但他們的研究並沒有包括企業贊助所作的調查，其調查則指出吸煙者有較低的風險患上老年癡呆症。



吸煙者或危害群眾健康

Jennifer Yue報導

從人造化學製品到環境問題，很多種因素都會導致癌症病發。而吸二手煙不僅會導致癌症，同時會對呼吸系統和心臟功能產生嚴重影響。

二手煙是引發人體菸草攝入的主要因素。儘管室內有健全的煙霧探測器，但是如果涉及到室外吸煙，煙霧可能隨時出現在各個角落，則無法安全測量煙霧量。

人們可能會在家、辦公室、餐廳、商場等各種公開場合吸到二手煙。衛生局局長在文章中寫道，「二手煙會導致非吸煙成年者患上肺癌。在公共場合呼吸煙霧會增加20%-30%患肺癌的幾率。」

同時，吸煙會對身邊的孩子造成健康危害。研究表明：超過40%去醫院哮喘掛急診的孩子的家人是吸煙者。所以吸煙會影響對孩子的發育。

當非吸煙者吸二手煙時，尼古丁會在人體內慢慢分解。尼古丁是引發吸煙成癮的化合物。學者發現尼古丁的攝入量和病發癌症幾率有明顯的關聯。

吸二手煙對每個人都有害。不僅對吸煙者本身有致命的危害，同時還會對孩子以及非吸煙成人的健康造成威脅。為了防止家人和朋友患肺癌，吸煙者應該向醫務人員諮詢關於戒煙的建議。



美中醫學交流學會 (ACMES) 學術年會 強化全科醫學，提倡中西合璧

牛江河報導

美中醫學交流協會 (ACMES) 11月3日在位於波士頓的HyattRegency酒店隆重舉行了以『全科醫學及整合醫學』為主題的學術年會，為時一天，約200餘名全國各地醫生學者出席這一盛會，包括遠道從中國趕來的訪問醫師及學者。

這次大會分設兩個會場同時進行，共有28名專家精彩講演，涉及20個不同的醫學熱點課題，各種常見病的最新進展，並聚焦主要的華人健康問題。兩個會場分別由哈佛醫學院的周捷醫師及陳力超講師主持，ACMES醫務主任，Beverly醫院內分泌科劉昭醫師及ACMES副會長，約旦醫院內科李維根醫師分別在兩個會場致開幕詞。會場座無虛席，氣氛異常活躍。

癌症專場由來自紐約州立大學病理科副教授陳小槐醫師主持。三位來自哈佛大學醫學院以色列醫院 (BIDMC) 的腫瘤專家Elizabeth Buchbinder醫師，Anand Mahadevan醫師，及Hao Wang醫師先後講演，分別就癌症的免疫治療最新進展，腫瘤放療新技術，及肺癌的篩檢及治療方案作了詳盡的闡述，引發聽眾熱烈的討論。Buchbinder醫師就腫瘤免疫特異和非特異治療的進展進行了總結和展望，期望將來有所突破。

午餐時繼續醫學教育課程，由加州大學肝臟中心主任胡克勤教授講授。他就慢性肝病的病因，常見並發症的機理及治療進行了詳盡講解，對肝性腦病這一嚴重並發症治療的最新進展進行了闡述。

下午會議繼續進行，首先由哈佛醫學院附屬布萊根婦女醫院內分泌科Hudson醫師演講二型糖尿病血糖的最佳控制療法。她介紹了胰島素的應用及一批新型抗糖尿病藥物的問世，給糖尿病的治療提供了更多地選擇和有效控制。Regeneron製藥公司眼科部副主任曹景泰博士講述瞭如何從醫生到科學家及發明家的轉變。他和他的團隊發明的EGF-Trap治療濕性視網膜退行性變得到了FDA的批准並得到了廣泛的應用。

塔夫茨大學約旦醫院外科陳文亮醫師就腹腔鏡的應用作了一個報告。他的腹腔鏡手術的錄像使聽眾如身臨其境。腹腔鏡手術的應用和進展使手術創傷更少，恢復更快，費用更低。

全科醫學專場之二由麻州大學醫學院助理教授週人誌醫師主持，來自加州斯坦福大學的呼吸科教授袁南希醫師首先演講，她就睡眠呼吸暫停綜合症這一常見的病症如何早期診斷及治療入手，她的豐富經驗及卓識使臨床醫師們受益匪淺，

哈佛醫學院婦產科助理教授李小玉醫師對於婦女更年期的應對措施的講演頗為生動風趣，使人們在他的談笑風生中體味無窮。

自閉症專題先聲發言的是學會的老朋友大平原實驗室主任William Shaw。作為一個自閉症兒童的家長，Shaw長期堅持不懈地探索研究自閉症的治療方法，他們成功地幫助過數千自閉症兒童和家長有效地改善了他們的症狀和生活。在他的主題『自閉症的新發現』中，他細緻地介紹了梭形厭氧菌感染與自閉症的致病關係，其他有效的自閉症檢測方法，聽眾很感興趣。

所有的發言都結束後，意猶未盡的聽眾與演講者挪步到了美酒招待會，位於16樓可以俯瞰查爾斯河及波士頓全景的旋轉大廳，繼續提問、解答、商榷。然後一場豐盛的晚宴慶祝正式開始，由從德州特地趕來的學會副會長吳曉芸女士及學會市場顧問，麻州大學劉瑞明教授共同主持。席間執委會成員喻向陽博士向大家介紹了她請來的大會嘉賓Ironwood公司副總裁，消化科專家Doug Levine醫師作了精彩講演，題為『胃腸功能紊亂IBS的新世紀』介紹了該公司新上市的治療IBS新藥及其臨床試驗資料，引起醫生們的熱切關注。

著名音樂家翁慧彈奏的古箏名曲『彝族舞曲』、青年歌唱家王穎演唱的意大利歌劇選段『我親愛的爸爸』、英文歌曲『歌聲獻給你』、劉瑞明教授的中文歌『我親愛的祖國』喚起了與會者更加高漲的熱情；功夫/太極表演隊的真功夫吸住了人們的眼睛；由學會元老，學會自然醫學部主任劉京醫師創始的，由劉娟子、劉昭、劉京京以及陳玉泉展示的易筋太極功更是引起大家的喝彩。易筋太極功是以太極和易筋經為主要基礎發展的一種以調氣和脊柱運動為核心的健身術。至此晚會達到高潮，最後大家紛紛走下舞池，在桃李滿波城的舞蹈老師吳曄的帶領下，隨著優美的樂曲翩翩起舞。



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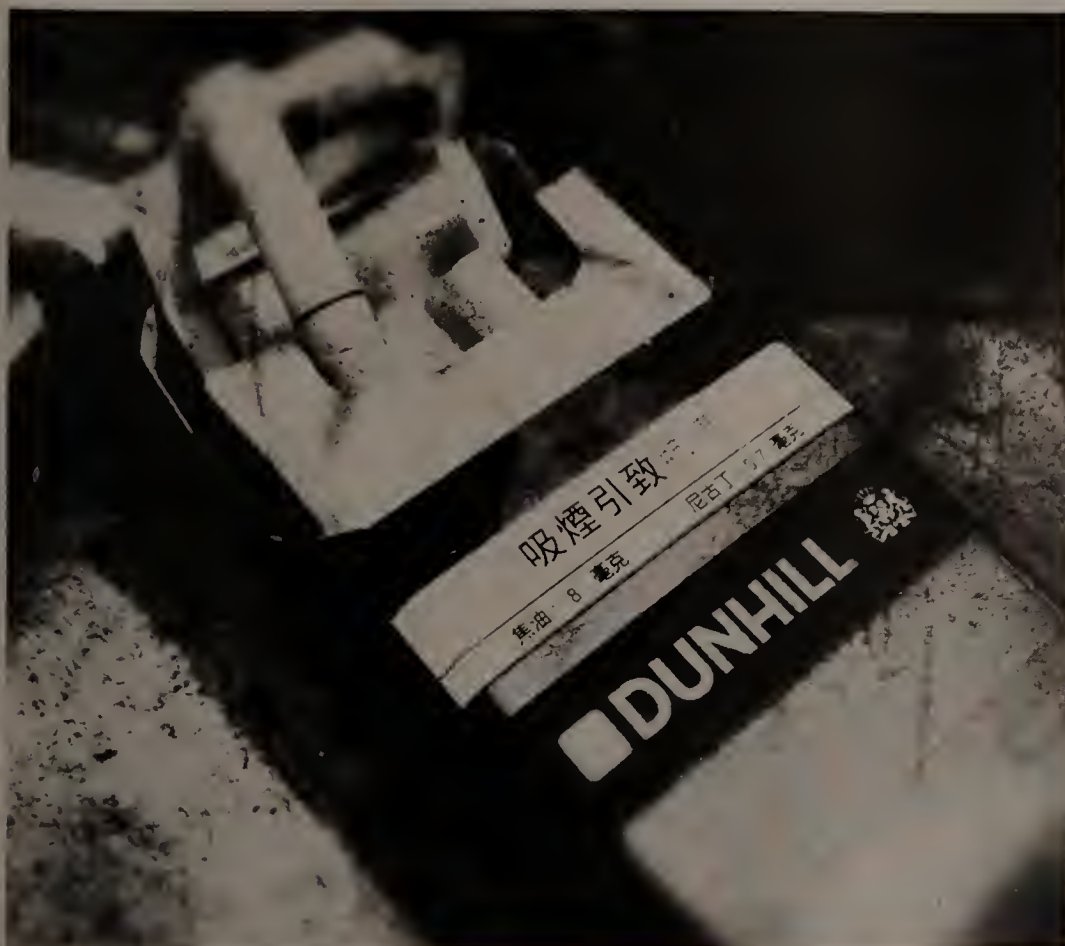


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健康特刊：吸煙禍害

二手煙或影響孕婦哺乳及嬰兒健康

呂昊報導



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不吸煙並不意味著你不會受到煙草的危害。一份2008年疾病預防中心的研究報告顯示，每年有約四十四萬的美國人口死於煙草相關疾病，如肺癌、心血管疾病等。其中近百分之十一的人口死於過量吸入二手煙。

Hallmark醫院呼吸治療科主任Geri Healey-Dame說道：「二手煙已成為一個非常嚴重的問題。我們遇到過許多肺癌患者，其中的一些人從未有吸煙的經歷，但由於在餐館或酒吧等吸煙環境中工作，他們同樣容易罹患呼吸道疾病。」

二手煙，又名環境菸煙，意為散布在環境中的香煙燃燒剩餘物。即使是不吸煙的人，若吸入房間內殘留的煙草燃燒物，同樣會攝入對人體俱有危害的煙草物質，如焦油與尼古丁等。二手煙易帶來的疾病包括哮喘、心血管疾病、嬰兒猝死綜合症等。

據Healey-Dame說，因為兒童的肺很小，且還在發育，他們比成人更容易遭受二手煙危害。鑒於香煙殘留物質會停留在空氣與灰塵中，只要房間中有人正在或曾經吸煙，兒童便有可能受其影響。

哪怕父母在外吸煙再回家，也不能徹底保證自己的孩子避免受到二手煙的危害。煙草殘留物會附著在居家物品的表面，如牆上、地毯裡、衣服上或車子裡。他們會隨著空氣流動從一個空間移動到另一個空間，並在房子裡停留數週甚至幾個月。當兒童吸入這些二手煙時，所受影響不亞於一手煙對人體的危害。

昆市醫療中心肺科、急救科主任Kevin McCusker說道：「這些對人體有害的化學混合物將以較小的密度停留在環境菸煙裡。在有吸煙者的家庭裡生活的兒童將比同齡人更易出現聽覺障礙。這也是我們用以激勵成人戒煙的原因——即使你不願意為自己而戒煙，若想到煙草

對孩子造成的危害，你也該選擇作出正確的決定。」

煙草對子宮的危害

環境菸煙不僅影響兒童的發育，同時也對孕婦腹中的胎兒成長有負面影響。美國衛生及公共服務部的一項研究表明，孕婦在懷孕期間吸煙將造成胎兒早產、流產、死產和低出生體重的可能。

South Cove社區醫療中心婦產科主任Lucy Chie說道：「吸煙對孕婦的危害非常嚴重。研究證據表明在懷孕期間吸煙會從各方面影響胎兒的生長，因而可能導致早產或出生嬰兒體重較輕，嚴重時則會導致死產。」

Chie提到，母親吸煙不僅影響孕期，也會在餵奶期對嬰兒造成危害。她說：「母親吸煙將減少母乳的產生。而在餵奶期間，嬰兒也容易吸入空氣中殘留的煙草有害物質，從而引發一系列健康問題，如肺部疾病等。」

Chie表示孕婦和其家庭成員都應儘早開始戒煙，以保證胎兒的健康成長。她說道：「在絕大多數的亞洲人口中，孕婦並不吸煙，但她們的丈夫或許是吸煙者。因此我們強烈建議丈夫們試著減少吸煙次數或徹底戒煙，不僅僅在妻子懷孕期間，更在孩子出生之後。如果無法戒煙，至少盡量在外吸煙，不將過多的有害物質帶回家，以減少對母子的影響。」

McCusker說，不僅兒童和孕婦是二手煙受害者，在吸煙場所工作的成年人也需要注意避免二手煙對自身的危害。他說：「在允許吸煙的餐館工作一個輪班所吸入的煙草有害物質相當於每天吸一包煙。」

如何有效戒煙

1964年所作的關於研究吸煙與罹患煙草相關疾病之間關係

的報告指出，人所吸入香煙數量與罹患煙草相關疾病的幾率成正比。McCusker表示，即使只有一年煙齡的吸煙者，其患煙草相關疾病的幾率遠超於從未吸煙者。他說：「許多病人會一直吸煙，直到感覺到身體不適才開始戒煙，這是一種十分危險的態度。」

專家發現戒煙最有效的途徑包括尼古丁替代藥物治療如電子香煙、尼古丁口香糖或尼古丁貼片，以及加入戒煙小組與組員共同戒煙。

有些戒煙者在首次戒煙時非常成功，然而，當遭遇人生重大變故之時，為緩解壓力，他們很容易再次開始吸煙。

Healey-Dame說道：「我們常說的煙癮分為三種，它們分別是身體上的、精神上的以及習慣上的。當戒煙時你必須對這三種煙癮同時治療，而這將是一個十分複雜的過程。」

在孕婦戒煙過程中，Chie認為能否得到家人與朋友的支持對於她們能否成功戒煙至關重要。

Chie說：「研究顯示大概百分之四十五的孕婦吸煙者會在他們生產前完全戒煙，然而，她們中的很多人在產後會繼續吸煙。如果你的

家人或朋友是吸煙者，在這種認同吸煙的環境裡戒煙是很困難的。所以要想降低自己重新吸煙的幾率，較好的方法是跳出這個環境。」

McCusker認為，許多人擔心在戒煙後會出現體重增加的問題，他們很有可能為保持體重重新開始吸煙。他說：「有趣的是，在戒煙後，人們對碳水化合物的食慾會有所增加。所以他們每天會比以前多攝取200卡路里。看起來200卡路里並不是很多——或許只是一包薯片——所以絕大部分人不覺得這對他們有任何影響。如果你仔細計算，一年後你將增重三至四磅。」

Healey-Dame則認為壓力和對增重的擔心有可能阻攔人們戒煙。她說：「我們努力在這方面幫助他們，因此我們建議在戒煙過程中加強身體鍛鍊，並在飲食上有所調整。」

她建議戒煙者保持健康的運動與飲食習慣，儘量避免使自己過餓、過累、或產生憤怒、煩躁等負面情緒。

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波士頓倖免颶風桑迪之怒

黃靈美報導

颶風桑迪襲擊東岸，但波士頓相對有驚無險。這次風暴造成113人死亡和嚴重毀壞。

根據美國能源部星期四公佈的《第二份颶風桑迪暨東北暴風雪災況報告》，七個州的約七十二萬戶家庭受停電影響。紐約市長Michael Bloomberg在路透社的報導說，在紐約市，至少三到四萬人被轉移到避難所。

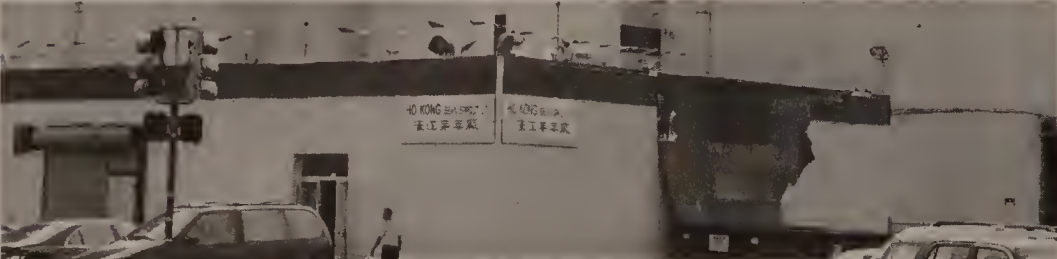
強烈的颱風把樹和電線纜颶倒，但是波士頓並沒有像紐約市或新澤西州那樣遭受嚴重的洪水氾濫。Richard Soo Hoo保險公司的老闆Richard Soo Hoo說道：「我們目前收到的損壞索賠大部份是由倒下的樹造成的。總體看來，颶風艾琳

更造成了更具毀滅性的影響，商業和個人企業都遭受到了停電和其他損失。」

有些商店的屋頂排氣口被強風毀壞，但除此之外無其他影響。在唐人街Harrison大道的Ho Kong Bean Sprout Co. 的屋頂遭受了強風的毀壞，但是房屋結構未受影響。

在市郊，Soo Hoo的一位經營餐廳的客人遭受停電影響。Soo Hoo說儘管餐廳裡的食物被毀壞，店主已經為食物變質買了保限。

一些住戶遭受了跌落樹木的影響，樹木倒在他們家的屋頂上或是院子裡。Soo Hoo說沒有人員傷亡的報告。



在華埠的濠江芽菜廠的屋頂遭颶風桑迪的毀壞，施工人員對受影響的區域進行維修。

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Contact Housing Resource Group, LLC 電話：(781) 820-8797
Lucius Bebee 圖書館 (354 Main Street Wakefield)
Wakefield 市政廳 (1 Lafayette St. Wakefield)

填妥的申請表必須投遞至以下地方：
Housing Resource Group, LLC
Four Raymond Street, Lexington, MA 02421
所有的申請表郵戳不遲於2012年12月29日

該項目的公眾資訊會議將於：
2012年10月27日星期六，下午1時與2012年12月4日星期二下午7時
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單位市場價格利率可致電 978-988-3900-Ext. #12進行查詢。

為華埠創建一個願景

華埠規劃建設發展的第一步，由2010華埠總體發展計劃的項目協調人Kye Liang 和華埠總體發展計劃委員會委員William Moy撰寫。

在2008，華埠社區開始著手為華埠創建一個願景，以促進華埠未來的發展。由於1990版的華埠社區計劃的實施以及補充的區域規劃，華埠經歷了重要的改變：舊城區（Combat Zone）被新建的高層住宅樓取代、服裝產業從華埠的遷離、公民參與度的提升，以及亞裔人口在波士頓郊區的快速增長。

在計劃的兩年中，華埠社區成立了總體發展計劃委員會，其中包括由一個由13名成員組成的監督委員會和一個負責為發展計劃創建指導的技術委員會。監督委員會成員是通過投票從華埠的主要機構、組織和居民中選出的，承擔總體發展計劃和項目經費的所有責任。根據技術委員會制定的指導，監督委員會已經召開了五次公眾會議，以改善和創造一個更好的共同願景。社區內的共同願景是：

- 1、華埠將成為一個由移民和基層家庭共享的多元化社區。
 - 2、華埠將為附近社區中亞裔美國人社區提供一個持續的社交、經濟和文化中心。
 - 3、華埠將成為一個在這個城市、州和地區中扮演著重要角色的獨特社區和文化中心，以續寫其歷史和特性。
 - 4、華埠將以文化特性和地理位置優勢為基礎，促進和豐富其經濟發展。
- 2010年華埠總體發展計劃的目標是：
- 1、維持和加強華埠為新移民提供的幫助和支持，並且維持和加強作為華裔和亞裔美國人文化與服務的地方中心。
 - 2、維持現有經濟房屋。
 - 3、增加住房選擇的數量和種類，並優先為中低收入家庭提供住房。
 - 4、為促進經濟發展，確認、創造和培訓社區成員和社區商業，以迎合本地居民、地區亞裔美國人社區、附近機構組織、市中心和劇院區的需求。

- 5、提高公共安全度，優化行人區域的環境，並著手為社區需求來規劃發展交通。
- 6、創建一個更加持久、更環保的社區。
- 7、創建一個更健康、更乾淨的環境，提高其居民的身心健康狀態。
- 8、擴展民眾的活動空間，增加開放空間和公園。
- 9、制定提高社區成員生活質量的政策。
- 10、提高社區公民參與度。
- 11、增進華埠與街坊社區的關係。

2010年華埠總體發展計劃指出華埠的核心已經發展完善。華埠未來將在唐人街和毗連的街區之間繼續發展，例如在南端（South End）和紐約街（New York Streets）區域之間，南岸（South Bay）/華埠大門區域和萊德區（Leather District）之間。城市、州和社區所有地被認為是有發展潛力的地區：用地區 A，用地區 R-1，用地區 12，用地區 25，用地區 26 和先驅街50號。

《2010年華埠總體發展計劃：社區的未來願景》于2010年發表了中英文版。『2010年華埠總體發展計劃』的志願者為了實現這個願景而不懈地工作。波士頓都市發展局考察並參與了多次會議。多種多樣的群體都參與到活動過程中，《2010年華埠總體發展計劃：社區的未來願景》也已經得到社區的認可，以及波士頓和波士頓都市發展局（BRA）的支持。英文版文件的電子版通過以下網址獲取：www.brownwalkerplanners.com/files/CTMP2010.pdf.

敬請期待我們下一篇文章，有關華埠的發展和進程的概況。

民主黨橫掃總統和參議院選舉

作者：黃靈美

於本週二，選民共同推選民主黨參選人貝拉克·奧巴馬（Barack Obama）連任為美國總統，而在馬塞諸塞州，選民亦推選民主黨參選人伊麗莎白·伍仁（Elizabeth Warren）為他們的下屆州參議員。

奧巴馬在成功連任後向他的支持者表示感謝並表示：「今晚，在這個選舉中，你們，親愛的美國人們，提醒我們雖然我們的道路很艱鉅，我們的旅程將會很漫長，但是我們已經啟程。在我們的心裡已經知道贏回了我們的道路，對於美國，最好的即將到來。」

奧巴馬（Obama）以303比206贏得了選舉的投票，更期待贏得普選選票。然而，在一些州的投票結果仍很相近而勢均力敵。

在敗選後的演講中，官員米特·羅姆尼（Mitt Romney）說道：「對於美國來說這是一個充滿挑戰的時刻，我會祈禱總統可以成功的領導我們的國家。」

伍仁（Warren）在「強壯」的中產階級平台裡擊敗現任參議員布朗（Scott Brown）。伍仁（Warren）說道：「我的心裡面將永遠裝載住你們的故事，我不會只是作為你們的參議院，我將會成為

你們的擁護者。」

布朗（Brown）在他的敗選演講中暗示到他將會再次競選公職，他說：「挫敗只是暫時的。」

國內政要

儘管在總統大選中勢均力敵，候選者分享更多相同點多於不同。總統競賽辯論讓羅姆尼（Romney）建立了可信性，特別是第一輪辯論中他的圓滑的攻擊令奧巴馬（Obama）措手不及。而奧巴馬（Obama）在第二輪及第三輪辯論中則變得更加的頑強，捍衛他的記錄和要求總統競賽辯論讓羅姆尼（Romney）出示更多關於他的稅收改革方案的細節。

麻州參議員競賽

當布朗（Brown）試圖省卻第一輪的辯論時，伍仁（Warren）的辯論則表現的很激烈。雙方都同意沒有第三者的廣告，而在這次參議員競選的特出點則是布朗（Brown）對伍仁（Warren）的印第安人血統作出人身攻擊。

華埠旅遊經紀將面臨起訴

黃靈美報導

華埠的一間旅遊經紀負責人日前被控告，在為客人申請美國公民和購買航空機票時從中偷竊多達\$89,000。

波士頓居民May Woo Lei, 40歲，經營天馬旅行社（Sky Energy Travel, Inc.）州檢察長辦公室說，她據稱幫客人購買機票和申請美國公民而向客人收取款項後，並沒有提供真實的服務。

Woo被指控20項超過\$250的偷竊和4項對超過60歲老年人超過\$250的偷竊。

華人前進會（The Chinese Progressive Association），一個波士頓倡導組織，向州檢察長辦公室提出投訴。

2012年六月，州檢察長辦公室在接到報告後開始進行調查。

州檢察長Martha Coakley表示：「我們有理由相信被告在客人尋求申請美國公民和購買旅遊機會的幫助時，趁機獲取好處。通過今

天的行動，我們已立案要起訴被告涉嫌刑事罪行並影響了很多。我們衷心感謝華人前進會轉遞這個案子和他們對整個計劃所付出的寶貴援助。」

問題營運

Woo所接觸的華裔顧客都表示她曾向他們保證過會幫他們申請到美國公民身份。然而他們事實上並沒有達到英語語言能力的要求。Woo向中國顧客保證只要交付一定的費用，並會安排一名醫生為他們證明已免除測驗他們英語語言能力的要求。她告訴顧客她亦將會在公民考試會面時幫他們做翻譯。

眾多顧客中沒有一個收到從美國移民局（USCIS）所發出來的通知說收到他們的申請。USCIS證實所有的受害人的名字都沒有出現在他們的檔案中。根據當局調查，最少16名受害人被騙取將近\$50,000。

ATASK絲路晚會籌得二十五萬元

Joanne Wong報導

參與絲路晚會的五百多名來賓在10月26日籌款活動享受由波士頓頂級大廚烹製的美食中，共度了一個美好的夜晚。

絲路籌款晚會由亞裔反家庭暴力小組（ATASK）主辦，是該組織標誌性的年度活動。

ATASK主席Linda Chin談起這次活動說：「極好的廚師，極有魅力的來賓，全為了一項偉大的事業。」

今年第十九屆晚會的特色美食是由當地明星廚師們，包括Myers + Chang 和Flour Bakery + Café的主廚Joanne Chang、來自劍橋Rialto主廚Jody Adams、Oiishi餐廳的Ting Yen。來賓在一桌一桌的美食間遊走，品嚐各種各樣的美味佳餚，包括刺身、南瓜湯、日本清

酒和松露。

博德研究所（Broad Institute）主管Eric Lander和哈佛法學院教授Jeannie Suk擔任此次活動的主持人。他們促進了現場拍賣，為ATASK籌得了25萬美元。

「我非常感激ATASK的工作人員。」一位ATASK幫助的家庭暴力的受暴者說道。她談起自己經歷和ATASK給她生活帶來的正面影響。ATASK不僅提供精神上的支持，還為受暴者提供技術資源，以幫助他們提高英語水平和職業技能。

ATASK的宗旨是為受暴者提供希望，並阻止家庭暴力在亞裔家庭和社區中發生。ATASK是紐英倫唯一一個為亞裔家庭暴力受暴者提供符合語言和文化的批護和輔助服務的機構。

更正

於10月12日出版的舢舨中文版第三版面的專訪單位是「啓萌幼兒教育中心」。不便之處，敬請原諒。

華埠王氏青年會熱烈慶祝第四屆籌款晚宴

Joanne Wong報導

華埠的王氏青年會（Wang YMCA）在11月3日，在華埠帝苑大酒樓的舉行了第四屆籌款晚會，當晚共籌得超過\$100,000的資金。

當晚共有超過460名的賓客出席了這個激動人心的晚上，晚會內容有舞獅、現場音樂表演、無聲拍賣、抽獎活動和豐盛的菜色。

王氏青年會的行政總裁潘維爾（Patricia Barnwel）說道：「王氏青年會是社會改革的基石，每一天我們都作出不同的影響性，無論

是個人對健康選擇的影響，或是導師對孩子的鼓舞，更是當一個社區為了共同的利益而走在一起時。」

三位社區領導人因他們不懈的努力而作出的傑出貢獻而獲得頒獎，他們是：波士頓市市長曼寧諾（Thomas Menino）、王氏青年會董事會主席陳灼鑒（Bill Moy）和王氏青年會前執行董事Bill Bray。

大波士頓區域青年會總裁凱文（Kevin Washington）在會上說道：「我們非常榮幸可以守著這三

位個人傑出貢獻獎，他們為華埠青年會的孩子、家庭和老年人帶來了春天般的溫暖幫助。沒有他們的領導、承諾和遠見，我們是不能夠終於我們的宗旨的。」

陳灼鑒（Bill Moy）已在王氏青年會服務超過40年了，承擔各種不同的角色包括有籃球教練和項目倡議者，他亦是華埠一名活躍的社區領導人。

Bray親自監督的第一個青年會「泡沫」建築——通過空氣膨脹的

建築是華埠的第一室內娛樂設施建築。

華埠的王氏青年會在我們的社區中致力於推動個人與家庭的思想、身體和精神的健康。王氏青年會對外是全方位包容的，無論各種階層中的男人或者女人、男孩或者女孩，亦或是各種不同的宗教文化。

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4	\$68,450
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或電郵：belgradeplace@maloneyproperties.com 索取申請表。

本人亦可在以下時段內親自拿取申請表：

日期	時間
11月27日星期二	上午12時-下午4時
11月28日星期三	下午3時-下午7時
12月1日星期六	中午12時-下午4時

地點：Belgrade Place的主大堂
446 Belgrade Avenue, West Roxbury, Boston, MA 02132

填妥的申請表必須郵寄到以下地址，郵戳需不遲於2012年12月10日
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	一睡房	兩睡房	三睡房	四睡房
月租	每月\$798	每月\$1,221	每月\$1,088	每月\$1,555
家庭人數	入息上限	入息上限	入息上限	入息上限
1	\$34,250	\$41,100	\$34,250	\$41,100
2	\$39,150	\$46,980	\$39,150	\$46,980
3	\$44,050	\$52,860	\$44,050	\$52,860
4	\$48,900	\$58,680	\$48,900	\$58,680
5	\$52,850	\$63,420	\$52,850	\$63,420
6	\$56,750	\$68,100	\$56,750	\$68,100

申請人可親臨以下地址提取申請表或從以下網址下載：
星期一至五9 a.m. - 4 p.m.和星期二 9 a.m. - 7 p.m.
4 Gerrish Avenue, Chelsea, MA 02150.
www.theneighborhooddevelopers.org
提供傷殘人仕單位。

申請將以先到先得形式審查。所有申請必須遞交至4 Gerrish Avenue。申請人可要求整份租客甄選準則。使用及租用限制適用。如需更多相關資訊及傷殘人仕單位安排，請致電：Winn Residential，(617) 884-0692。平等住房機會。

Neighborhood Developers及Winn Residential不會就任何種族、色別、性別、性取向作出歧視、宗教、年紀、傷殘、殘疾、國籍、家庭狀況或婚姻狀況對租用、租賃、買賣、物業轉換作出歧視，物業轉換包括樓宇、相關設施和土地使用及擁有權。



波士頓教育界關注校區區域劃分計劃書

黃靈美報導

根據市長托馬斯·曼寧諾的外部諮詢委員會在這個月對有關學校選擇的建議，波士頓校區區域將會12月被重新劃分。五份計劃書中的其中一份將會改變現時的學校學位安排的三個區域系統。新的計劃將會在2014-2015學年實行。

現有的學區分配系統是1988年由波士頓公立學校（BPS）創立，脫離先前法院規定的學生整合系統。BPS的首席公共溝通官員Lee McGuire說道：「現在的學校整體情況比以前好很多了，市區的人們亦有所不同了。這是一件振奮人心的事情，我們希望能讓學校分配的系統更好的反映出多樣化。」

在2012年裡面，現時的系統內面城市周圍需要校巴接送的學生的花費大約是\$8千萬，這個數字到2014年將會升高到\$1億。校巴接送的費用大大耗損了學校的經費亦導致交通延誤，對學術成就造成了消極的影響。

這五份計劃書的其中一個在地圖中將會沒有區域劃分--即是學生只要去離家最近的學校就學，亦有一份計劃書是劃分了23個區域。其他的計劃書分別是劃分6、9和11個區域，允許學生到離家比較近的學校就學。

對於某些社區成員來說，這些選擇會構成疑惑。既是約賽亞昆士學（The Josiah Quincy Lower School）校管理委員會代表亦是一名二年級生的家長Baolian Kuang說道：「每一份計劃書都應該有更多

的細節，例如如何報讀這些學校。我們完全不知道應該去如何區分這些計劃書。對於BPS想盡快得到我們的意見，我們感覺到非常的倉促。」

學校走向綠色

華埠的昆士小學（The Josiah Quincy Lower School）（K5）、艾略特學校（Eliot School）（K-8）和貝多芬學校（Beethoven School）（K-2）都是區域中的「綠色」學校。學校的顏色編碼基於三個標準：基於MCAS的測試分數、州小學和中等教育部門的排名和從幼稚園進入的普及性。綠色是最高級的，後面跟住的是黃色、橙色和粉色。昆士小學（The Josiah Quincy Lower School）和艾略特學校（Eliot School）都是屬於北面區域的，而貝多芬學校（Beethoven School）則是屬於西面區域的。

昆士小學（The Josiah Quincy Lower School）的助理校長P. K. Chan說，現時的學生不會受新的學校區域劃分所影響。但是，年幼的兄弟姐妹則不能保證進入同一間學校。

兄弟姐妹優先權將會在2014-2015學年度受到影響，將會遵循新的學校和步行區域影響。在BPS較早前的一份事先準備好的聲明中寫道，「無論如何，只要年長的兄弟姐妹就讀的學校在新的步行區域或新的家庭區域範圍以外的，根據學

校的容量，家庭則仍然可以選擇用兄弟姐妹優先權把年長的小孩轉到年幼的小孩的新學校就讀。」

McGuire說，中文項目的雙語學習者將不會受到影響。他們將會依舊就讀昆士（Quincy）或哈佛-肯特（Harvard-Kent）學校。

大約有800名的學生將會就讀昆士學校（Quincy School），其中有一半的學生住在距離學校1英里的範圍內，其餘的將會乘坐校巴。Chan說道：「這是一個很大的區域，其中的地區包含有羅克斯伯里下城（lower Roxbury）、部分多徹斯特市（part of Dorchester）、北尾（North End）、南尾（South End）、華埠（Chinatown）、奧斯頓/布萊頓（Allston-Brighton）區域、芬威（Fenway）、亨廷頓大道（Huntington Avenue）和部分波士頓南部（South Boston）。」

受限制的申請

這個新的計劃可能會限制了對這些綠色學校的學位申請。Chan說：「基於新的計劃書的內容，昆士學校（Quincy School）很有可能將會被包括在奧斯頓/布萊頓（Allston-Brighton）區域內，而在羅克斯伯里（Roxbury）、多徹斯特市（Dorchester）或者比肯丘（Beacon Hill）區域的人則不能夠就讀這間學校。那些區域將會被歸屬到大波士頓區域較低的社會經濟階層的範圍內。」

對於因小型學校區域範圍所

分割的北邊地區的最南邊，居民將不可以選擇就讀昆士學校（Quincy School）。Chan又說道：「奧斯頓/布萊頓（Allston-Brighton）區域內已有很多很出色的學校，例如傑克遜·曼（Jackson Mann）或者艾迪生（Edison）學校。這校區其實已經並不需要再增加一間好學校，而應該為更多弱勢人群的孩子服務。」

校區入讀的安排的競爭與不可預測性，以致使一些家庭搬遷到郊外的地方。McGuire說：「有些家庭寧願搬遷到一個可令他們知道，他們的孩子將會在那裡就讀學校的城市居住。我認為我們的學校都非常的優秀，亦會鼓勵人們可以繼續留在這個城市。」

另一方面，較少的學校區域亦將會有較少的學校可以選擇，而不是很多的學校。更多本地的學校機構在他們的社區中深耕以獲得更多家庭的青睞。然而，當這些好學校繼續在前進的同時，新的區域限制為他們帶來了潛在的不利因素，而條件不好的學校則進一步惡化。

Kuang建議到，應把區域的黃色學校提升到綠色的程度而取代區域的劃分。她說：「BPS沒有把握到重點，區域不是最重要的問題。無論不分區域或者分更多的區域都不能夠更好的整合學生，他們或許應提高所有學校的質量。」

計劃書在線瀏覽：<http://bostonschoolchoice.org>.



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